

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

February 2019 *Step, Tradition, and Concept Two*

Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity."

Open, willing, and honest is a good start in working Step Two. In my life before recovery I had a good grasp on believing there was something bigger than me. I didn't understand that the spirit of the universe was there for me. It was never personalized, I believed it was a lack of character in myself that was the only reason I could not stop drinking. It was several little experiences in life that helped me to understand that I can't live a full recovery life without my Higher Power driving the bus.

At the end of my drinking, I was physically and mental ill. I put a ton of theories into why my drinking had gotten so bad. I sometimes drank over my bitterness at not being able to stop drinking. Also, I was extremely lonely. A hole of desperation and yearning for someone to be there for me, it made me ache in my soul and body. An ache that is hard to describe until you have been touched by the empty void of loneliness. I couldn't eat or drink without throwing up in the porcelain God. That was my nickname for a toilet because I was always on my knees.

I had been going to AA meetings for two years and people would just say "keep coming back," so I did. I would find relief when I was in a meeting, but after I continued to drink. I was desperate to stop drinking and tried many methods to quit. I tried controlled drinking, no drinking (lasting a few hours of a day almost always), and loads of other strategies. I was getting sicker and sicker. It wasn't until I was on my knees in my living room looking into my dog's eyes that I said, "help me, I can't do this by myself." Remember dog is God in reverse. That was the beginning of me being open, willing, and honest to change.

In my high school years, I attended a religious school, where I was able to study many religious texts and different faiths. Though I believed there was something bigger out there than me, it was your Higher Power and not mine. I knew that it was bigger than me, but I couldn't connect to it. It was a force or energy that I could feel but I never made a Higher Power personal to me. I didn't believe it was possible to accomplish anything without pulling myself up by the boot straps. Self-Will.

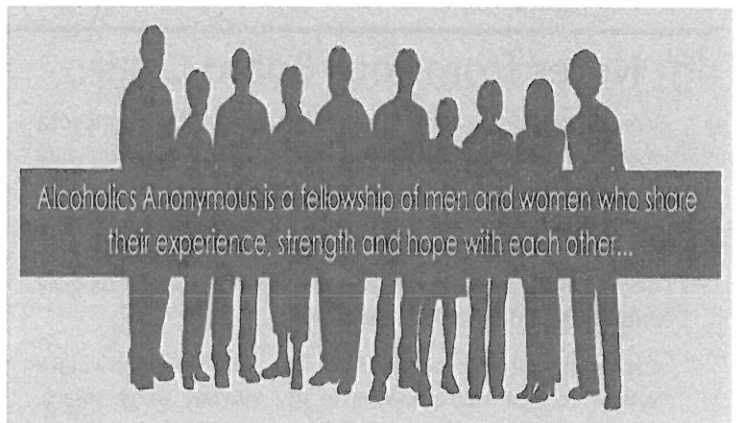
One of my first sponsors in the program told me to watch the signs. Watch the signs that appear, or common themes of life that appear in a week or a day. I was willing to do that. It was

amazing when I looked for the signs or as I like to call them billboards, that the simple theme would show up. I had no explanation for it. It made me more open and willing to explore my relationship with my Higher Power. I started to accept more and more that I do have a personal connection to my Higher Power. I started to open myself up to praying, meditating and listening to others belief's in a Higher Power. I was curious about what was out there and what I connected with. It was the first time I was honest about my life and my beliefs. It allowed me to be flexible in growing in my spirituality. Being open, willing, and honest in my belief in a Higher Power has allowed me to be flexible in my spirituality, even now.

Now do I believe it has restored me to sanity? Am I always rational, reasonable, and level headed? Not always, is my honest answer. I drank for a long, long time and had many years of acting with self-will. This is why I continue to work this step today. But most of the time I am able to pause, pray, and proceed to stop myself. I am also able to talk to others in AA. The "WE" of the program is one of the tools that helps me to grow.

Lastly, I am to take steps every day to keep my side of the street clean. I still use the porcelain God but now every time in the rest room I say the Third Step prayer. Today I understand that we all share a common hum in the world, that we are all connected. This is one of the corner stones of how I became willing to believe in a power greater than myself.

Amy M., St. Louis Park, MN., for the MIRUS



Greater Minneapolis Intergroup • Alcoholics Anonymous®

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OFFICE HOURS: Monday, Wednesday, Friday 9 am-4:30 pm • Tuesday & Thursday 9 am-7 pm • Saturday 9 am-1 pm

Notes from your Service Office:

The General Service Theme for 2019 is:

“Our Big Book - 80 Years, 71 Languages.”

It is that time of year when we are planning for our 36th Annual Gratitude Night on April 13th to be held downtown at the Minneapolis Convention Center. This year's date is exactly one day different from one year ago. For those that recall the blizzard last year, you know why we might be a *little* nervous.....

Gratitude Night is a special night to celebrate Intergroup's Vital Services and to thank the volunteers who make it possible.

It takes hundreds of volunteers each month to keep Intergroup's Vital Services ongoing.

For instance each month we have:

Day time phone shifts – 84 volunteer spots

Group Phone shifts – 40 shifts with at least 2 people or more (80 volunteers)

Night Owl Shifts – 36 volunteers each month

Early Birds – 8 volunteers each week

12th Step List – 355 volunteers available and ready to make 12th step calls

AAI Committee for treatment centers – 48 commitments scheduled each month

Special Events – 18 committee chairs to meet and plan each event.

By giving of your time, whether an hour a week or a couple hours a month, we appreciate your service in helping newcomers who are seeking Alcoholics Anonymous.


This year our Gratitude Night AA speaker will be Sharon C., from Los Angeles, CA. and our Al-Anon speaker will be Joe D., from St. Louis Park, MN. Doors will open at 6:30 pm. Tickets are \$12 in advance and \$15 at the door. We hope to see you there and celebrate together!

Yours in Love and Service

Gail S, Office Manager

Sponsored by
Greater Minneapolis Intergroup
of Alcoholics Anonymous
Welcome Al-Anon & Alateen

Speakers ASL Interpreted



36th Annual Gratitude Night

Saturday April 13, 2019

AA Speaker: Sharon C., Los Angeles, CA
Al-Anon Speaker: Joe D., St. Louis Park, MN

6:30 Social Hour / AA Service Info Tables
7:30 Program & Speakers
10:00 DJ and Dance

Celebrate gratitude by visiting the service tables before and after the speakers!

Area 36 TFC / CFC / Pink Can	Area 36 Newsletter
Area 36 Group Records / Accessabilities	Gopher State Roundup / Founders Day
Area 36 Archives / AA Grapevine	Greater Minneapolis Intergroup
Area 36 PI / CPC	MNYPAA
Area 36 Treatment / Literature	Al-Anon-Alateen Information Services

MINNEAPOLIS CONVENTION CENTER
1301 Second Avenue South, Minneapolis
Ballroom A-Across from Dunn Bros
Look for greeters. Look for blue & yellow balloons.

Tickets: \$12.00 in advance/\$15 at the door
Tickets available starting January 20 @ Mpls Intergroup

Intergroup Office – IG Representative – Ticket Committee – At the Door
• This Intergroup event is self-supporting through the sale of tickets •

Minneapolis Intergroup - 7204 W 27th Street Suite 113 - St Louis Park MN 55426
952.922.0066 samminneapolis.org

Notes from Your Board Chair:

We all know the later months of winter in Minnesota mean cold temperatures and less sunshine than we may like. The bustling of the holiday season has wrapped up and even with Minneapolis Intergroup, there is a bit of a pause in events and activities. As we look around outdoors, most of what we see tends to be white or gray with little to no visible, new growth.

Each year, I find it necessary to dig a little deeper in late winter to continue growing in my journey of recovery. The desperation I felt when I first entered the rooms returns at times as I venture out into the frigid temps to make my meetings, meet a sponsee to attend to step work, or honor other AA service commitments.

Having involvement in Minneapolis Intergroup gives me countless options to get out of my own way throughout the year and focus on the still-suffering alcoholic and other members of the Program. I am further inspired by volunteers making the work of Minneapolis Intergroup possible on a daily basis - 24 hours a day, 365 days a year. Come join us as we honor all of these volunteers on April 13, 2019 at our annual Gratitude Night!

With Love,

Melanie Y, Intergroup Board Chair

Intergroup Board

Board Officers

Chairperson	Melanie Y.
Co-Chairperson	Mitch K.
Secretary	Linda M.
Treasurer	Dave A.

Board Members

Jessica B.	Brad R.
Jack J.	Dan S.
Deb W.	Michael H.
Donny H.	Patti P.
Gail S. Office Manager, Ex-Officio	

General Service District Board Liaisons

District 7	Jessica B.
District 13	Deb W.
District 14	Dan S.
District 17	Brad R.
District 18	Jack J.
District 19	Patti P.
District 20	Tom B.
District 21	Donny H.
District 22	Michael H.
District 24	Linda M.
District 25	Dave A.

Intergroup Staff

Gail S.	Office Manager
Terri D.	Office Assistant
Drew H.	Office Assistant
LeeAnn G.	Office Assistant

Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergroup Office.

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The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

Metro District General Service Meetings

District 7	Second Monday, 6:30 pm St. Andrew's Lutheran Church 13600 Technology Dr., Eden Prairie, MN 55344
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist Church 609 8th St. N.W., Buffalo, MN 55313
District 17	Second Tuesday, 7:30 pm Crossroads Assembly of God Church 10478 Bell Ave., Plato, MN 55370
District 18	Second Thursday, 6:30 pm Plymouth Congregational Church 1900 Nicollet Ave. S., Minneapolis, MN 55403
District 19	Second Wednesday, 7:00 pm Rosemount Community Center, Room 210 13885 S. Robert Tr., Rosemount, MN 55068
District 20	Fourth Tuesday, 7:00 pm Twin Lake Alano Club 4938 Brooklyn Blvd., Brooklyn Center, MN 55429
District 21	Second Tuesday, 7:30 pm Pilgrim United Methodist Church 4325 Zachary Lane, Plymouth, MN 55442
District 22	Second Wednesday, 7:00 pm Mizpah United Church of Christ 412 5th Ave. N., Hopkins, MN 55343
District 24	First Monday, 7:00 pm St. John's Lutheran Church 119 8th Ave. W., Shakopee, MN 55379
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423

Intergroup A.A. Orientation Open Meetings

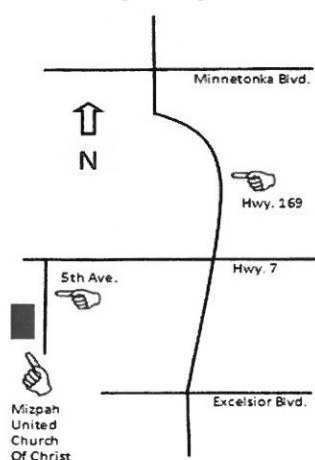
The Saturday Orientation Open Meeting takes place every week at 10 A.M. at the Mizpah Church, 412 5th Ave. N., located just west of Highway 169 and just south of Highway 7 in Hopkins.

2/2	Staying Away from the First Drink Her Story
2/9	Step Two/ Tradition Two His Story
2/16	Importance of Having a Sponsor Her Story
2/23	Step Three / Tradition Three His Story



NOTICE

• NOTICE



**Intergroup
Reps Meeting**
Thursday,
February 28th
6:30 pm

At Mizpah United
Church of Christ:
412 5th Ave N.
Hopkins, MN 55343.
(See orientation mtg
directions)

Twelve Concepts for World Service, written by Bill W. in 1962

Concept II:

“When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference- excepting for any change in the Twelve Traditions or in the Article 12 of the Conference Charter- the actual voice and the effective conscience for our whole society.”

Short Form: “The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society and its world affairs.”

Bill W. writes in Concept II of the Service Manual that the thousands of A.A. members scattered all over the globe, cannot of themselves actually manage and conduct our manifold of world services. They have the group conscience and the funds however, so they have the final authority and responsibility that there is.

Bill and Bob knew that the operational authority needed to be delegated by the groups if it were to be effective. At first the two known groups in New York and Akron gave Bill and Bob that authority. But, even they couldn't actively do the work alone so they found volunteers to help them manage the work load. Bob gave all of his responsibilities to the creation of World Services to Bill, because he knew that New York was the best possible location for that type of work. So, in 1938 Bill created the Alcoholic Foundation (known today as the General Service Office). That is when Bill recruited the Non Alcoholic friends to form a small trusteeship of A.A. members and non-alcoholic friends.

In 1940 the stock in Works Publishing, was turned over to the Board of Trustees. They were given the authority and responsibility of the operational services in New York, and therefore needed the funds from the sale of the book to run its offices. At this time, Bill became just an adviser of financial services. It wasn't until 1941 that the Groups started to send in group contributions to New York.

However, the Groups still saw Bill and Bob as “in charge,” because the average A.A. member didn't know that the Trustees even existed. The two of them knew of course that they wouldn't last forever and that the complete responsibility and authority could not be left to a self-appointed board. A bit frowned upon in the corporate world now (just an FYI)!

That is why they transferred the ultimate authority and responsibility over to the fellowship at the St. Louis Convention! But, they also felt that the authority for the groups was only a start. The responsibility for the world services needed to be theirs as well. That is why we have our own Delegates that travel to the General Service Conference each year.

What does that mean to the A.A. members and groups? We have a responsibility to carry on what Bill and Bob started. We need to make sure that it stays strong for the next generation! I need to be a part of reaching Alcoholics all over the globe. Not physically, but through decisions made on how best to do that. What do we see as a way to reach them as a whole? When I was an active alcoholic, I would have gladly let you do all of my work. Then blamed you when it went wrong. I don't have that luxury anymore. I need to be responsible! I will be your Delegate to the Conference in New York but I need your conscience to do the job you have asked me to do.

Please send your groups representative to the Delegates Workshop/Area Assembly on April 6th at the Bethel Lutheran Church in Northfield, MN.

Yours in Service,
Missy P.
Area 36 Delegate Panel 69

**Minneapolis
Intergroup
will be closed on
the following dates:
Monday, February 18th
President's Day**

The Twelve Traditions - How They Apply In Our Lives

TRADITION TWO

"For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern."

This Tradition maintains our unity by reminding us there are no bosses in AA, that our only authority is God; we are all equal—servants, not governors. When I was newly sober my sponsor was a DCM, active in the service structure, so in addition to going with him to lots of AA meetings, we also attended all the district and area service meetings. More than once I observed how heated discussions were resolved peaceably, not by an overpowering individual AA member (bleeding deacon who believes the group cannot survive without him), but by our group conscience. A minority opinion is voiced on an issue affecting our group, discussed, voted on, and oftentimes reversed from what was initially presented as the best and only solution. I'm grateful my sponsor knew it was important for me to see how AA works too.

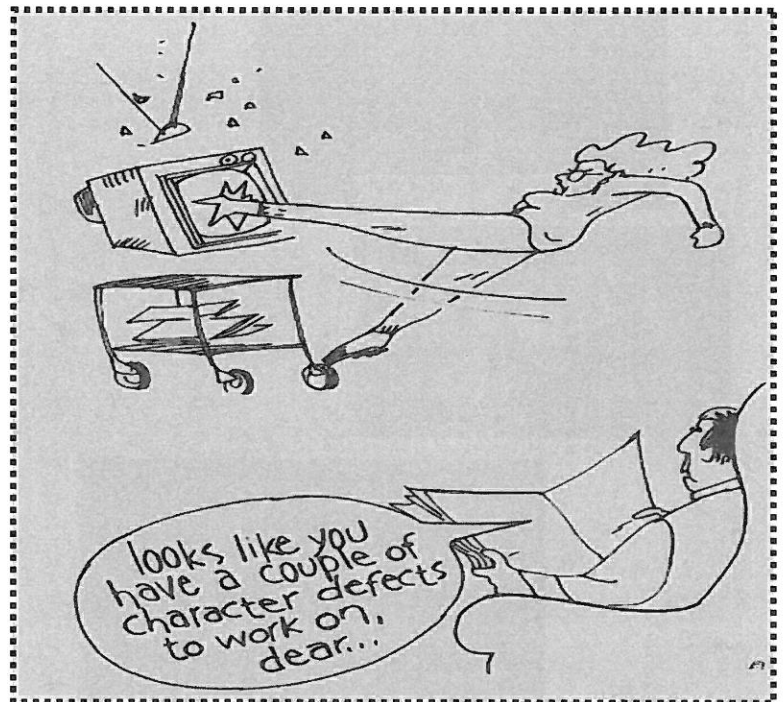
I was still following my sponsor around learning from his example when I observed an incident where Tradition Two was being overstepped or broken outright. One of my meetings was run by a guy everyone called *boss*, who let everyone know he had 20 years of sobriety—more than anyone in the area. He quoted Big Book truisms by page number from memory, and always dominated the sharing time with lectures on the topic of his choice. If there was still time for others to share, they usually started with, "I liked what the *boss* said..."

I revisited the group ten months later and a new smaller group with only a few familiar faces was meeting—without the *boss*. Most old-timers go through a bleeding deacon phase to a certain degree, and hopefully emerge into an "elder statesman"—one with knowledge and humility who leads by example, like my sponsor did.

My Tradition Two memory jogger: We are not running the show—God is. AA wouldn't survive without the Traditions, and without AA neither would I.

Anonymous, Minnetonka, MN.

**"... STOP LIVING IN A
TOMORROW THAT
MAY NEVER COME,
AND START LIVING
ONE DAY AT A TIME -
TODAY."**



Taken from "God Grant Me the Laughter," by Ed F., © 1989

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."
—*Alcoholics Anonymous*, p. 89

Intergroup 12 Step Service Opportunities Contribute Your Time at Minneapolis Intergroup Just Stop In!

Daytime Phone Answering
Training Provided
Daytime Office Volunteers
Service work available

Carry the AA Message to Outside Agencies*

Groups and Members are Invited to:

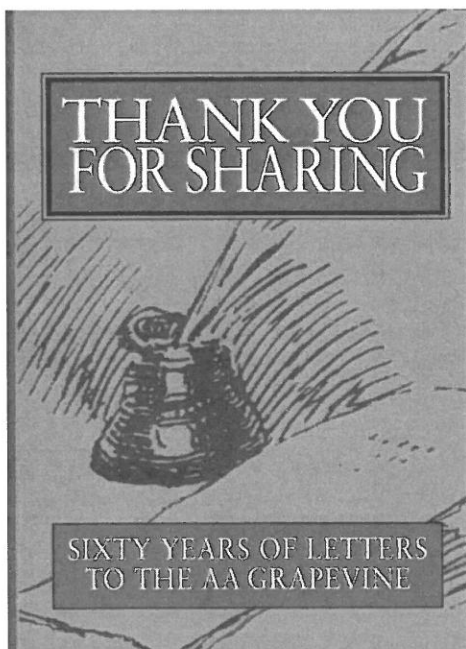
Hennepin County Adult Detention Center (Jail) (Men & Women)
Scott County Jail AA Meetings (Men & Women)
Carver County Jail AA Meetings (Men & Women)
Hennepin County Adult Corrections Facility (Men & Women)
Corrections Facility Contact Program (Men & Women)
Andrew Residence (Men & Women)
Henn County Adult Corrections Facility-Plymouth (Men & Women)

Call or Stop by the Office for Details

**In Cooperation with the Professional Community*

"This is our *twelfth* suggestion: Carry this message to other alcoholics! You can help when no one else can."

—*Alcoholics Anonymous*, p. 89



AA Pamphlet of the Month:

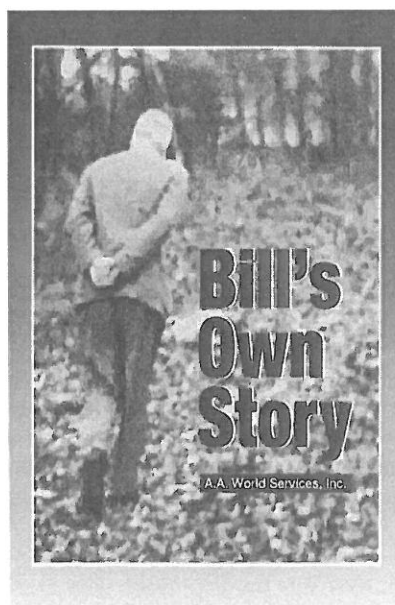
*What Happened to Joe...
& It Happened to Alice*

AA DVD of the Month:

Bill's Own Story

Grapevine Book of the Month:

*Thank You For Sharing - 60 Years
of Letters to the Grapevine*



Group Contributions - December 2018. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth & Weight
7 - Hi Group
Amazing Grace
Back to Basics Women's Grp St Luke's
Basic Principles
Blaine Alano Squad 3
By Grace Group - Mound
Cavalier Club Mainstreeters
Cavalier Men's Thursday 8 P.M. Grp
Cedar Lake Women's Group
Central Pacific Group
Continuous Action (2)
Crushed Grapes
Dakota Alano Saturday 11 A.M.
Edina Open Speaker Meeting
Elders Big Book Stories Friday (2)
Elders Big Book Thursday (2)
Elders Steps & Traditions Tuesday (2)
Elders Topic Sunday 10 A.M. (2)
Elm Creek Group

For Today Group
Fourth Dimension AA Group
Foxhall Chapter 7 Group
Friday Night Shift
Fridley Alano "Route 66"
Fridley Alano Squad 43 Vietnam Vets
From the Heart Friday - Delano
Golden Valley Group
Gratitude Group
Great Blessings
Groveland Group
Happy Destiny
Homeboyz Squad
Hope's on Penn
It Might Have Been Worse
Kozy's Noon Men's AA
Lakeville Saturday Big Book Meeting
Lost & Found Step Group - Zimmerman
Men's Problem & Solution Group

Minnetonka Alano
Minnetonka Big Book Study Group (2)
Monday Night Group - Hanover
Monticello Alano Club
New Hope Alano Squad 5
New Hope Alano Squad 18
Normandale AA Group
North Oaks on Emerson
Nu - Life AA Group
Oasis AA Group - Apple Valley
Parkway AA Group
Richfield Bloomington Alano Squad 5A
Rich/Blmngtn Alano Sun Speaker Mtg
Ridge Runners I Group
Ridge Runners III Group
Ringmasters AA Group
Rojo Group
Rule 62 AA
Saturday Night Live (2)
Saturday Sisters Pax Christi

Serenity Sisters
Serenus AA Group
Silver Lake New Brighton Monday
Sisters In Sobriety (2)
Sisters Shoulder to Shoulder
Solution Seekers
Squad 26 Anoka Today Alano
Squad 62 at Bethany Lutheran Church
Third Tradition Group of AA
Three Legacies
Thursday Night Women's AA Group
Tonka Alano Club Groups
Tradition Five
Tradition Three Group - Waconia
Tuesday Gratitude Group
U.R.S. Tuesday Night AA
Valley West Thursday A.M. Group
Watertown AA Wednesday
Wednesday Night Big Book - Buffalo
Women's Big Book Thursday - Buffalo

Every AA group that sends a contribution is sent a receipt along with a "Thank You" letter from the office. It is the responsibility of the group treasurer or trusted servant to share the receipt and "Thank You" letter with their respective group. Every AA group that sends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary.

Group Contributions/Birthday Plan** December 2018

Bridge to Shore • Tradition Five

****On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area Assembly, the General Service Office and the local Intergroup. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.**

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM
Hennepin United Church, 511 Groveland Av., Minneapolis

Foxhall Chapter 7 Group, 7:30 PM
Wooddale Church, 6636 Shady Oak Rd., Eden Prairie
A sign language interpreter is provided each week.

Friday:

From the Heart Open Speaker Meeting, 7:00 PM
St. Paul's United Church, 201 Buffalo St., Delano

Edina Open Speaker Meeting, 7:30 PM
Christ Presbyterian Church, 6901 Normandale Blvd., Edina

Three Legacies, 7:30 PM
Cross of Glory Church, 4600 Shady Oak Rd., Hopkins
A sign language interpreter is provided each week.

Saturday:

There Is A Solution (Beginners Meeting), 6:00 PM
Dakota Alano Society, 3920 Rahn Rd., Eagan

Saturday Night Open Speaker Meeting, 7:30 PM
At The Common Table (parking in back of Bldg.)
2001 Riverside Ave., Minneapolis

Saturday Night Live Open Speaker Meeting, 7:30 PM
Basilica School 3rd floor (behind the church)
16th St. & Hennepin Ave., downtown Minneapolis
Free parking in the ramp across 16th St.
Wheelchair accessible

Tradition One, 7:30 PM
Pilgrim United Methodist, 4325 Zachary Ln., Plymouth

Saturday Night Greet & Meet, 7:30 PM
The Hall, 4805 Welcome Ave. N., Crystal

Saturday Night Open Speaker Meeting, 8:00 PM
2218 1st Ave. S., Minneapolis

Sunday:

Open Speaker Meeting, 11:00 AM
Richfield Bloomington Alano
9321 Bryant Ave. S., Bloomington

Step & Speaker Open Meeting, 7:00 PM
First Baptist Church, 1021 Hennepin Ave., Minneapolis

Special Events

February 2nd, 2019
Life On Life's Terms Workshop
12:00 p.m. - Lunch
1:00 p.m. - 4:00 p.m. - Workshop
Crowne Point Church
7121 Bloomington Avenue South
Richfield, MN.

February 7th - 10th, 2019
55th International Women's Conference
Los Angeles, CA.
www.internationalwomensconference.org

March 29th - 31st, 2019
MNYPAA Conference
Infinite Love & Power
Minneapolis Sheraton West
12201 Ridgedale Drive
Minnetonka, MN.

General Service Announcements

February 9th, 2019
Trusted Servant Leadership Training
Dakota County Technical College
1300 145th Street East
Rosemount, MN.
9:00 a.m. - 4:30 p.m.

February 23rd, 2019
Area Committee Meeting
Standing Committees: 9:30 a.m. - 11:30 a.m.
Area Committee: 1:00 p.m. - 5:00 p.m.
Mankato City Center Hotel
101 East Main Street
Mankato, MN

March 1st - 3rd, 2019
West Central Regional Service Conference
Courtyard by Marriot
1080 28th Avenue South
Moorhead, MN.

Most Area 36 events have a map on how to find the location @ www.area36.org. Open Speaker Meetings are listed for the convenience of members who wish to bring newcomers and non-alcoholic friends. Listing in the Mirus should not be construed as any endorsement on the part of Minneapolis Intergroup. Call Intergroup if you need directions to any of these Open Speaker Meetings. Roundups, Workshops and Special Events are not endorsed by Minneapolis Intergroup and listings are provided for informational purposes only. Flyers for these events are available at the office.

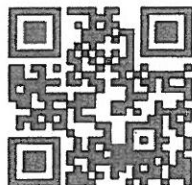
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Please make checks payable to Intergroup Association.

Please print:

New ☐

Renew ☐

Name _____

Address _____

City _____ State _____ Zip _____

Speakers ASL Interpreted 

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Welcome Al-Anon & Alateen



36th Annual Gratitude Night

Saturday April 13, 2019

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Al-Anon Speaker: Joe D., St. Louis Park, MN



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The first part of the paper discusses the importance of understanding the cultural context of the research. It highlights the need for researchers to be sensitive to the values and beliefs of the communities they are studying. This is particularly important in the field of education, where cultural differences can significantly impact learning outcomes.

The second part of the paper focuses on the methodology used in the study. It describes the process of selecting participants, collecting data, and analyzing the results. The authors emphasize the importance of using a mixed-methods approach to capture both quantitative and qualitative data.

The third part of the paper presents the findings of the study. It shows that there are significant differences in learning outcomes between students from different cultural backgrounds. These differences are attributed to a variety of factors, including language barriers, social norms, and access to resources.

The final part of the paper discusses the implications of the findings for education. It suggests that educators should take steps to create a more inclusive learning environment for all students. This can be done by providing additional support for students who are struggling and by incorporating culturally relevant materials into the curriculum.